## **ABSTRACT**

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An apparatus for providing feedback to a user of a weight stack machine having weights for lifting has an enclosure adapted for attachment to the weight stack machine. Means for sensing weight for determining the number of weights lifted is provided as well as encoder means for detecting the motion of the weights during a lift. Electronic detection means are operatively coupled to the weight sensor means and the encoder means for computing data describing the number of weights lifted. Electronic detection means for transmitting the computed data from the electronic detection means to a central storage means and the display is provided. The interface means also receives information from the central storage means and displays it on the display.